> 08 Dash for stadium

> 12 Saluting Reserves

> 21 Part of the union

thenewhammag

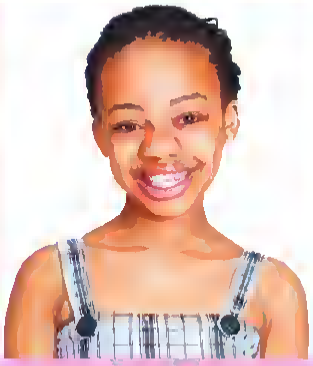
issue 310 // 27 February – 12 March 2015 // Every fortnight

Sprinting to the top

Keir Hardie students celebrate new school building (p5)

Newham London

my carer is there for me



is this my room?

Fostering and Adoption

Information Evening

Could you change a child's future?

Come along to find out what's involved in fostering and adoption, and what training and financial support we could offer you. We particularly want to meet people who are interested in caring for teenagers.

Date: Wednesday 11 March 2015

Time: 4-8pm

Venue: St John's Church
Broadway, Stratford, E15 1NG

No need to book, just turn up on the day

Freephone for more information:
0800 0130 393

the newham mag

In this issue of the Newham Mag we get you on your marks for the Morrisons Great Newham London Run, where 15,000 people will pull on their vests and run at the Olympic Stadium (p8). Follow the example of former deputy Young Mayor Trieu Minh Ho and get yourself registered to vote (p11).

Lt Col James Bryant tells us why a job with the Army Reserves is a good bet (p12). And if you still don't know which career is the right one for you, pop along to the Newham Careers Fair where organisations from across the borough and beyond will offer good advice (p15). We also take a look at how our social workers can help you if you have been in hospital (p19).

It's important that we have somewhere to turn to if we are struggling financially. The London Community Credit Union might be able to help you cope with those unexpected bills (p21).

Councillor Terence Paul
Mayoral Advisor for Skills and Adult Learning

Keep in touch with Newham Council via:
www.newham.gov.uk
@NewhamLondon
www.facebook.com/newhamcouncil

To contact the *Newham Mag* team email
newham.mag@newham.gov.uk
or call **020 3373 1517**
STAFF PHOTOGRAPHER Andrew Baker
PUBLICATIONS ASSISTANT Farhat Hussain

To advertise in the Mag call
Julie Madeli on **07890 529 090**

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

The *Newham Mag* is printed on 100 per cent recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Look out for the next issue from **13 March**
View the mag online at **www.newham.gov.uk/mag**

contents

27 February 2015 // **issue 310**

Regulars

04 **NEWS** – two pages of news from across the borough
06 **MAYOR'S VIEW** – news from Sir Robin Wales
12 **WORKING LIVES** – Lt Col James Bryant salutes Army Reserves
16 **NEWHAM IN PICTURES** – your fortnight in photos
22 **OUR NEWHAM** – competitions and community news
24 **KIOS CORNER** – pictures and puzzles for our younger readers

08

19

12

21

26 **WHAT'S ON** – five pages of activities and events for you to try, most of them free

Features

08 **GREAT NEWHAM LONDON RUN** – get on your marks
11 **VOTING VIEW** – former deputy young mayor tells us why your vote is important
15 **NEWHAM CAREERS FAIR** – just the job to advise you about your career
19 **CARING TOUCH** – how hospital social workers can help
21 **PART OF THE UNION** – take credit if you need it

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

Carers strategy launched
A strategy has been drawn up that will benefit 24,000 unpaid carers in Newham who provide support to partners, relatives, friends or neighbours who couldn't manage without their help.

Newham Council and Newham Clinical Commissioning Group unveiled the Joint Carers Strategy at St Mark's Community Centre in Beckton. It details how the organisations will support carers over the next three years.

Councillor Clive Furness, mayoral adviser for adults and health, said: "It is important plans are in place to support carers to maintain a fulfilling and meaningful life."

The views of carers and voluntary sector organisations were taken into account when developing the strategy. Download it at **www.newham.gov.uk/carersstrategy**

Prescription for success
All 61 GP practices in Newham have signed up to a scheme that saves patients a trip to their local surgery for repeat prescriptions.

The Electronic Prescription Service (EPS) means GPs can send repeat prescriptions electronically to the pharmacy that patients choose to get their medicines from. It saves time because prescriptions can be prepared before the patient arrives.

Local people who want to sign up to EPS simply need to ask their preferred pharmacy or at their GP practice.

Barbarians kick-off rugby
The Olympic Stadium will host its first international rugby match when the world famous Barbarians invitation side play Samoa on August 29.

The match is being delivered in partnership between the Barbarians, Newham Council, the London Legacy Development Corporation and England Rugby 2015. It is a test event for the five matches at the Stadium during Rugby World Cup 2015.

A two-for-one ticket offer is available on £20 adult tickets at **www.ticketmaster.co.uk** or by calling **0844 844 0444**.

New school is top of the class

Mayor Sir Robin Wales joined pupils in planting a tree to officially open the rebuilt Keir Hardie Primary School in Canning Town.

The Mayor and pupils dig in

The new school building in Robertson Road was redeveloped by leading house-builders Countryside as part of the East City Point development. It includes a rooftop garden and running track, a multi-use games area and state-of-the-art dance studio.

The school is part of the £3.7billion regeneration project for the Canning Town and Custom House area. The new facilities will be available to residents during evenings and weekends. Sir Robin told pupils: "I expect you all to work hard and be proud of this school."

Head teacher Violet Otieno thanked all those involved in the rebuild. She said: "The pupils, staff, parents and governors feel very privileged and we are proud of the fantastic learning facilities in our new school."

Lighting the way at Stadium

Installation has begun of the 14 brand new floodlight towers that will illuminate a variety of sporting, entertainment and community events at the Olympic Stadium.

The first of the floodlights goes up

The new 18m floodlight paddles will each house between eight and 41 lamps, many of which are original ones that shone over the Stadium during the 2012 Games. The iconic triangular design has been kept.

The floodlight towers will hang below a newly erected roof that will be the largest of its kind in the world, covering every seat in the Stadium. This new layout will also ensure improved acoustics.

Mayor Sir Robin Wales said: "The installation of the floodlights is another huge step towards ensuring the Stadium offers the best possible viewing experience for competitors and spectators enjoying the range of sports and entertainment that will take place there."

News

In the market for fun

Having fun at Queens Market

More than 500 residents, many of them young people, proved they were in the market for fun and games at an event staged by Newham Council's Green Street Community Neighbourhood residents and councillors

The Market Games event took place at Queens Market in Upton Park and featured BMX cycling, rowing machines, football penalty shoot-outs, wheelchair basketball, table tennis, mixed martial arts, non-contact boxing, running, zumba, pizza making and DJ workshops

The event was supported by the council's leisure provider activeNewham, West Ham United Foundation, London Youth Rowing, the Youth Providers Partnership and Tesco. Police from Green Street Safer Neighbourhoods team gave advice on personal safety. Another fun day is planned at Easter.

Councillor Hanif Abdulmuhit, community lead member for Green Street said: "These events are great examples of residents taking the lead and brining the community together in a fun and active way when the market is not in use."

Councillors fall in with Army Reserves

The councillors on parade

Eight Newham councillors went on a 'tour of duty' with soldiers from G Company 7 Rifles to experience what life is like as an Army Reservist.

The Rifles unit based in Portway, West Ham, arranged the training day on Salisbury Plain in Wiltshire to give them some understanding of what the modern Army goes through.

They were issued with helmets and combat overalls, rucksacks, rations, a mess tin and a cooker. They took part in reconnaissance and rifle training and patrol exercises. Councillor Terence Paul said: "It opened our eyes to what our Reservists go through."

Commanding officer Lt Col James Bryant said: "We hope the councillors will spread the word about the variety of different opportunities being an Army Reservist offers."

An open evening takes place at the Army Reserve Centre in Portway on Tuesday 17 March from 7.30pm. Call 020 8472 0140 for details.

Council Tax frozen again

Mayor Sir Robin Wales and Newham Council have agreed to freeze Council Tax for the seventh year in a row.

The decision means properties in Band D will continue to pay £945.63 to cover the Newham element of Council Tax – the same level since 2008/9. Newham's Council Tax is one of the lowest in outer London.

The council also approved the Mayor's spending priorities for the next 12 months. These include MoneyWorks, which will offer affordable credit to residents in need of financial assistance, and a ten week pre-recruitment training course in construction for young people.

Sir Robin said: "I am committed to protecting services residents say are important to them. These are tough times for councils but we also know a significant number of our residents are struggling due to the cost of living crisis and welfare reforms. By freezing Council Tax this will go some way to helping out."

Take the credit where it's due

I was proud to be able to launch an exciting new set-up between Newham Council and the London Community Credit Union (LCCU).

The LCCU is a great organisation with a trusted reputation and puts residents at the heart of what it does We now have one of the largest credit unions in London and I am delighted it has set up home in Stratford and Custom House. This puts it right in the heart of the community, truly delivering services for local people

The cost of living crisis and the Government's welfare reforms are hitting families in Newham hard so I want to do all I can to help them manage. The LCCU offers people the chance to save money regularly as well as providing low cost loans if required. A London School of Economics report last year showed that people in work are affected by debt as much as those who are solely dependent on benefits. For some families, an unexpected cost such as a washing machine breaking down or a larger than anticipated household bill can tip their finances over the edge through no fault of their own This is why having access to fairly priced credit is so important to many

This new set-up complements our MoneyWorks initiative, which is in the process of being set up. MoneyWorks will offer an ethical alternative to the pay day lenders that now litter our high streets. The number of pay day lenders in the borough targeting vulnerable people makes me angry MoneyWorks is a place residents will be able to go if they're struggling financially or in need of affordable credit It brings together sustainable loans and savings products along with ways that local people can get a better deal to help manage the cost of living

> "The London Community Credit Union (LCCU) is a great organisation with a trusted reputation and puts residents at the heart of what it does"

This is why I applaud the work of LCCU who offer a community-based service to many residents who need a helping hand. Working together, we can help residents on low incomes get a fair deal to help them change their lives and become more financially independent.

Cllr Clarke, left, cabinet member for financial inclusion and welfare reform, and LCCU member Maria Roberts, right

Mayor's view

School reflects proud traditions

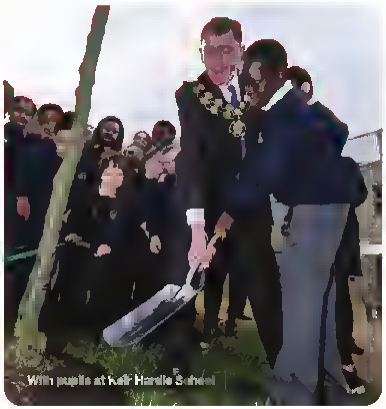
I'm really proud of the rebuilt Keir Hardie Primary School in Canning Town and think its namesake would be too.

I attended the official opening of the new building, which includes a rooftop garden and running track, a multi use games area and a dance studio, and was bowled over by the enthusiasm from the children and local residents towards the school.

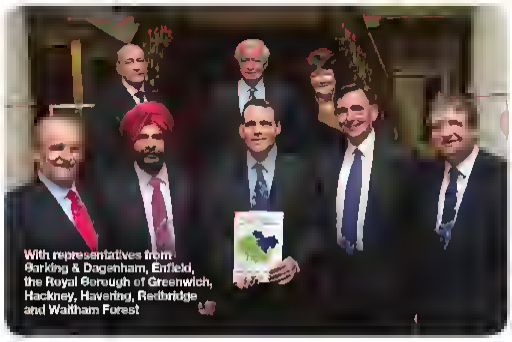
The Keir Hardie estate demonstrates what we are trying to secure for the Canning Town and Custom House regeneration area. We have improved housing and renewed facilities that will benefit the whole community, as well as the schoolchildren.

Soon the first phase of the Hallsville Quarter will be complete and we will be able to welcome former residents back to the area as well as new neighbours and there will be job opportunities with the new Morrisons supermarket arriving in the summer.

James Keir Hardie was a true working class hero. As MP for West Ham South in 1892 he delivered real change for residents through access to more and better jobs and improved housing. I am sure he would be proud of what we are achieving.


With pupils at Keir Hardie School

Devolving power to the right people


With representatives from Barking & Dagenham, Enfield, the Royal Borough of Greenwich, Hackney, Havering, Redbridge and Waltham Forest

Newham hosted a groundbreaking conference that saw nine London boroughs come together to explore how powers could be devolved from central government and the Mayor of London to a more local level. I strongly believe devolving power in this way can bring additional benefits for residents and help us to realise the full economic potential of our area.

The conference in Stratford saw the participating boroughs cross political lines to begin building a case that we can take to the Government, the current Mayor of London and prospective candidates in the election for London Mayor in May. Our ultimate goal is for more powers to de devolved to our sub-region so that we have the levers we need to make a real difference for our boroughs.

We have agreed a Statement of Intent. I along with the eight other directly-elected mayors or council leaders have agreed to work together to build a better deal for all our residents and unlock the full economic potential of this part of London.

On your marks for great run

Approximately 15,000 people will be pulling on their vests and trainers for the Morrisons Great Newham London Run, which is set to take place in Queen Elizabeth Olympic Park and Olympic Stadium on Sunday 19 July.

Sir Robin with Brendan Foster

Thanks to Mayor Sir Robin Wales we have 1,000 free places to give away to Newham residents who will cut a dash past the park's iconic and memorable locations including the Lee Valley VeloPark, the Aquatics Centre and the ArcelorMittal Orbit.

This year a 10K run, a family run and a marathon team relay are expected to finish on the track inside the Olympic Stadium subject to transformation work inside the stadium being completed on time.

For the first time this year the race, organised by Newham Council in partnership with mass participation specialists Nova, is part of the prestigious Great Run series.

Established in 1988 by former Olympic medallist Brendan Foster, Nova has built the Great Run programme into the world's biggest mass participation running series. The Morrisons Great Newham London Run will be one of the must do events in the UK running calendar.

"This is another example of how the council is making the legacy of the 2012 Games real by giving residents free opportunities to lead active and healthier lifestyles"

If you are a Newham resident and had registered for one of the free places in the 2014 Newham London Run, you will have been offered automatically a free place this year. Each place is worth £32. You will also be able to take two people with you into the Olympic Stadium to see you cross the actual 100m finish line.

Mayor Sir Robin Wales said: "The Morrisons Great Newham London Run is another example of how the council is making the legacy of the 2012 Games real by giving residents free opportunities to lead active and healthier lifestyles. The free places are going fast, so if you want one, be quick to apply."

Brendan Foster said: "The opportunity to run around Queen Elizabeth Olympic Park and then finish on the track that was graced so famously by Usain Bolt and Mo Farah amongst many other big names is out of this world. It is a privilege to be able to do so and we are so excited that we can also have a family fun with kids taking part and a marathon-distance team relay."

Event 1 - 10k Run

Starting outside the Stadium the route takes you around the park and then into the Stadium with the final 300m on the track. Start: 9.30am. Entries: 15,000 including 1,000 free places guaranteed for Newham residents. Each runner gets two seats for supporters inside the Stadium, a finisher's bag with a t-shirt and medal. Price: £32.

Event 2 - Family Run

Starting on the track inside the Stadium, the 2.3K route will run around the park and finish back on the track. Start: 12noon. Entries: 3,500 including 350 free places guaranteed for Newham residents. There is an option for family and friends to enter the Stadium. Each finisher gets a medal. Price: £8.

Event 3 – Marathon Team Relay

Starting on the track inside the Stadium, the 5.3K loop will be contained in the South Park before re-entering the Stadium, subject to transformation work and final stakeholder agreement. Four runners will compete two 5.3K laps or eight runners will complete one lap each. Overall distance is 26.2 miles. Start: 1pm. Entries: 2,000 runners in total. Each gets two seats for supporters inside the Stadium, a finisher's bag with t-shirt and Medal. Price: £25 per runner.

How to enter

You must be aged 15 or over to take part in the adult run. You must be aged five or over to take part in the family event. Free places are for Newham residents only. Entries are not transferrable. To apply for your free place visit www.greatrun.org/newham-residents

MORRISONS

great newham london run

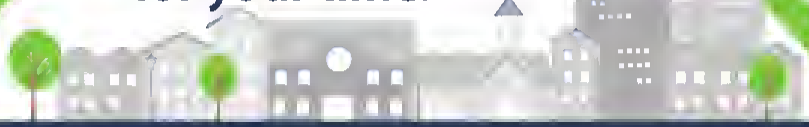
Newham London

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.

PASTA

PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

You can earn rewards for your time.



www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Newham London

Department of Health

From April 2015 care and support in England is changing for the better.

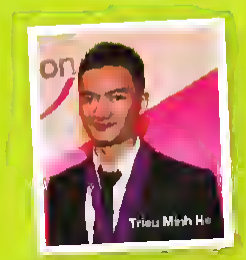
The new Care Act will help make the care and support system more consistent across the country. If you receive care and support, or you support someone as a carer, you could benefit from the changes.

For more information visit www.gov.uk/careandsupport or email CareAct2014@newham.gov.uk

care and support & you

BE THE VOICE OF THE YOUNG GENERATION

On 7 May, around 3.3 million young people will have their first opportunity to vote in a UK Parliamentary General Election.



A new system of individual registration means young people themselves now have to register to vote. You can no longer rely on Mum or Dad or the head of the household to sign up for all of you. Having said that it's easy to do, taking around five minutes online.

There are lots of reasons why young people should register to vote, from being able to get something done about the things you care about to having a say on local, national and global issues.

Former Deputy Young Mayor Trieu Minh Ho, 18, a student at London Academy of Excellence in Stratford, is a first-time voter. "I want to be part of shaping and changing the country," he said. "Having the right to vote is a privilege and not doing so would be a waste of a voice and opinion.

"It is a massive misconception that a young person's vote does not count. Each vote voices the opinions of everyone fairly. It simply requires more young people to vote."

Trieu suggests voting would be more appealing to young people if the policies of those standing for election were "easily accessible and understandable".

He added: "Young voters sometimes believe that due to the fact they are young, their votes do not have as much impact as an older person's vote. Political leaders would understand our problems if we actually voiced them. Voting allows us to do so."

Trieu said if he were standing for election and was successful he would implement a scheme that allows a year of guaranteed placement for university graduates, an extended artery system for cyclists that would improve road safety, and a high stability educational system that would promote increased productivity of the country.

Young people can register to vote at 16 but can't vote until you're 18. To be able to vote on **7 May** you must have registered by **Tuesday 21 April.** Visit **www.gov.uk/registertovote**

Reserving a life less ordinary

Looking for a new challenge? Want to do something different but keep your day job? As an Army Reservist you get to travel, learn new skills and get paid. Lt Col James Bryant says it is "a challenging, demanding, but ultimately fun, interesting and rewarding thing to do".

Lt Col Bryant is a career soldier. He has been Commanding Officer of 7th Battalion The Rifles for 18 months. The Battalion's G Company, based at the Army Reserve Centre in West Ham, currently has 60 soldiers with a further 20 recruits in training and another 40 going through the application process.

Mr Bryant is an officer in the Regular Army commanding a Reserve battalion. He has been on seven operational tours in more than 20 years, including in Iraq and Afghanistan.

He said: "I take my hat off to Reservists. They are remarkable people. They balance civilian employment, family commitments and personal lives, and at the same time serve the nation. When most people go home, flick on EastEnders and put their feet up, Reservists come and be soldiers."

Why become a Reservist?

"It is a life less ordinary. It is an opportunity to serve and that is a noble thing. It teaches

additional skills and qualifications. There are soft skills such as punctuality, determination to overcome adverse conditions, teamwork and leadership. There are hard skills such as driving, medical qualifications, health and safety training, equality and diversity training and fitness. The Army Reserve offers opportunities you can't buy or experience in any other way. Most importantly you will make the best mates you will ever have.

"There are roles as electricians, mechanics, engineers, carpenters, medics, clerks and drivers. In our ranks we have vets, teachers, lawyers, accountants, builders' refuse drivers and everything in between. It makes for an interesting bunch of people.

"The majority of G Company live within 30 minutes of the centre in West Ham and that is necessary so they can come to training on Tuesday nights. Our relationship with the local community is a powerful thing and we value it highly. The relationship G Company has with Newham Council is fantastic."

How can employers help?

"Many of the skills you gain from being a Reservist are transferrable into the workplace. Many employers should be keen to employ a Reservist with those additional skills.

"People need to contribute 28 days every year to the Army Reserve. That sounds a lot but most is done in their spare time, in the evenings and at weekends. There is a continuous two-week period of training once a year, normally on exercise. Sometimes taking those two weeks off is difficult for an employee or an employer, but the skills the Reservist brings back to his or her employment more than compensates for two weeks away. It helps if the individual doesn't need to take that leave out of his paid holiday allowance."

Is it a career for young people?

"Joining the Army Reserve is a good bet for young people. It can help you get a job because of the skills we teach. We also pay at the same rate as a Regular soldier for the work they do. You can also claim travel and subsistence to get to and from wherever you do your training. If you meet all the training requirements to a standard we consider acceptable, you could get a tax free bonus. There are initial joining bonuses and others as you pass through the training phases. It is not rock star wages but is equivalent to what a Regular soldier gets. We also offer discounted rail travel at certain times and contributions towards personal development or education courses."

G Company 7 Rifles will be attending Newham Careers Fair on Thursday 5 March from 12noon-4pm at Newham College, High Street South, East Ham.

If you are interested in joining G Company 7 Rifles, visit the Army Reserve Centre, Portway, West Ham, any Tuesday evening or call 020 8472 0140. There is an open evening on Tuesday 17 March from 7.30-9.30pm.

NEWHAM COLLEGE LONDON

#BELIEVE IT ACHIEVE IT

EXPLORE YOUR FUTURE AT NEWHAM COLLEGE

OPEN DAY & EVENING

SAT 14TH MARCH
11AM – 3PM
EAST HAM CAMPUS
HIGH STREET SOUTH E6 6ER

WED 18TH MARCH
5PM – 8PM
STRATFORD CAMPUS
WELFARE ROAD E15 4HT

- GET INVOLVED IN INTERACTIVE WORKSHOPS
- TOUR THE CAMPUS AND OUR OUTSTANDING FACILITIES
- FIND OUT ABOUT COURSES DIRECTLY FROM LECTURERS
- GET PERSONALISED INFORMATION ADVICE AND GUIDANCE
- ENJOY LIVE PERFORMANCES AND REFRESHMENTS
- AND LOADS MORE!

FIND OUT MORE
020 8257 4446
externalenquiries@newham.ac.uk
www.newham.ac.uk/mar15

---

npw

School Governing Body Clerks

Sessional rates
£138 to £178 per meeting
(rising to £148 to £190 following successful completion of National College Clerks' Development Programme)

Newham Partnership Working (NPW) is a mutual organisation formed by Newham schools and composed of education providers and staff. We currently support over 100 schools both inside and outside of Newham with a comprehensive range of high quality and reliable services.

We provide a professional clerking service to our clients and we are looking for applicants who:

- are experienced minute takers
- have the ability to gain a good understanding of school governance regulations and meeting procedures
- have the confidence to provide advice at meetings
- can build a strong working relationship with the governing bodies they support
- are tactful and client focused

Governing body clerks are required to support a range of different daytime or evening meetings.

For more information please contact Irfan Mustafa on **020 8249 6932** or email **irfan.mustafa@npw.so**

Please apply online at **www.npw.so**

Please send your completed application form to **recruitment@npw.so.** Closing date **16 March 2015**

British Heart Foundation
#nosmoking
"I WANTED MY KIDS TO LOOK UP TO ME. AND NOT THROUGH A CLOUD OF SMOKE."
For help and free support visit nosmokingday.org.uk

Newham London

I'M PROUD TO BE A QUITTER

NO SMOKING DAY 11 March 2015

Newham's Stop Smoking Service delivers free support to smokers living, working, studying or socialising in Newham.
Come along to one of these events to speak to a trained advisor:

- **Saturday 7 March – East Ham Customer Service Centre and Library, 328 Barking Road, E6 2RT (1-4pm)**
- **Saturday 7 March – The Gate Library, 2-6 Woodgrange Road, E7 0QH (1-4pm)**
- **Sunday 8 March – Stratford Library, 3 The Grove, E15 1EL (1.30-4.30pm)**

For more information about quitting smoking visit **www.newham.gov.uk/stopsmoking, contact your local pharmacy or GP** or call **020 3373 8830**

Careers fair is just the job

Planning your career early can help you get the most out of your working life in future. There is much to think about when choosing your first job, deciding whether to continue your education or whether to change the role you are already in. A visit to Newham Careers Fair may help.

The fair is returning to Newham College in East Ham on 5 March. Now in its fourth year the free event offers a great opportunity to meet and speak to a range of employers, training providers and further and higher education institutions, about the skills and qualifications you need for careers from finance to fashion and everything in between. Last year more than 1 000 residents attended, the majority of which were young people.

Providers this year include London City Airport, BT, the Building Crafts College Classroom Medics - NHS Careers, Samsung Digital Academy, G Company 7 Rifles Army Reserves, University College London, Oxford University and more. Newham Council's employment service Workplace is supporting the event with information on live job opportunities.

The event has been arranged by Newham Council as part of National Careers Week. Councillor Terry Paul, mayoral adviser on skills and adult learning, said: "This is an ideal opportunity for students, former students and those looking for work, to get some free independent careers guidance in a fun and informative way. There will be many employers and education and training providers to meet and speak to. Whatever your interest, there will be something for you."

The fair is supported by Newham

Newham Careers Fair is taking place on **Thursday 5 March from 9.30am-4pm** at Newham College, High Street South, East Ham, E6. Schools and colleges only are invited to the morning session with members of the public admitted from 12noon.

A host of hour-long workshop sessions on specific topics will take place throughout the day. Places are limited and must be booked in advance on a first come, first served basis.

Those attending will also get the chance to win a Westfield shopping voucher worth £100. To find out more about the event call **020 3373 4967**.

Council's YES programme, which has seen almost 400 residents between 16 and 18 enrolled into apprenticeships since 1991. If you would like to know how you can get involved in an apprenticeship, visit **www.newham.gov.uk/apprenticeships** or call **020 3373 8730**

Newham in pictures

1 Pretty in pink Everyone had a fun time during a story-telling session at the Beckton Globe Library **2** Icing on the cake Pupils admire a small sculpture of James Keir Hardie at the new school building in Canning Town that carries his name **3** Absolutely fabulous Shoppers at Westfield Stratford City can give £1 to Comic Relief by tapping their bank card on a 'donation statue' of Jennifer Saunders and Joanna Lumley in the guise of characters Edina and Patsy **4** Match of the day Youngsters get a kick out of football at the Market Games event in Queens Market, Upton Park **5** Jump to it Basketball was high on the list of popular activities at a multi sports event at Forest Gate Youth Zone

nct Nearly New SALE

Nearly New Sale

Quality mum2be, baby, toddler and pre-school tays, clothes and accessories in excellent canditian.

SATURDAY 14th MARCH
11 – 12.30pm

Carpenters and Dacklands Centre, 98 Gibbins Raad, Stratford, E1S 2HU

£1 donation on entry
Emoil **NNS.Newham@nct.org.uk**
www.nct.org.uk/branches/newham

TARA ARTS IN ASSOCIATION WITH QUEEN'S HALL ARTS & BLACK THEATRE LIVE PRESENTS

WILLIAM SHAKESPEARE'S

MACBETH

STRATFORD CIRCUS ARTS CENTRE

An explosive brew of treachery and ambition, set in a modern Asian family!

LONDON PREMIERE
26-28 MAR

0844 357 2625
STRATFORD-CIRCUS.COM
STRATFORD CIRCUS
THEATRE SQUARE
LONDON E15 1BX
/STRATFORDCIRCUS
@STRATFORDCIRCUS

Newham London

Outdoor event catering businesses

Do you live in Newham or is your catering business based in the borough?

We are looking for outdoor catering businesses to trade at The Mayor's Newham Show, Under the Stars or our Guy Fawkes Night Fireworks Display.

For further information, please contact the Events Team

T: 020 3373 7510 E: events@newham.gov.uk
Facebook: NewhamEvents

Caring is the perfect medicine

Going into hospital can be a worrying experience for any patient and their family. We all want to get the right treatment, make a speedy recovery and be discharged as quickly as possible. However some who are older, have a disability, or suffer from a chronic illness, may need extra support before they are ready to go home.

Newham Council has a team of social workers at Newham University Hospital who ensure that when elderly, vulnerable or frail patients are discharged from hospital, they work with the patient and their family to understand their needs and work closely with hospital staff to ensure a package of care is in place.

This could include occupational therapy or adaptations to the patient's home such as adding a stair-lift. In some cases it may be arranging residential or nursing care for short or longer periods.

When Cecilia Nicholls, 90, was admitted to hospital last year after a fall, the staff called the council's hospital social workers. Mrs Nicholls also had a chest infection and the fall meant she was unable to look after herself at home despite already having a carer that helped her live independently.

After discussions with Mrs Nicholls and her family, the social work team arranged a placement in a care home because she required monitoring and supervision on a 24-hour basis as well as additional personal care support.

Her son John said: "The social workers were brilliant. I can't thank them enough for the care that they put in place until Mum's recent death. She had taken it badly when Dad died and that was the start of her ill health. When she fell over we were worried how she would manage because we weren't close by. She was well looked after in the care home close to where she lived and we didn't have to worry. My wife and I and my brother were able to visit her as often as possible."

The social work team at Newham University Hospital in Glen Road, Plaistow, offers an assessment service to adults who after a stay in hospital need support to be discharged safely. Contact them on 020 7363 8147.

Mr Nicholls with a picture of his mum outside her care home

United in unlocking real potential

With new powers recently given to Greater Manchester and discussions with Scotland following the referendum, devolution is high on the agenda across the UK.

Nine London boroughs came together to explore how devolution could work in this part of the Capital, unlocking the potential of the area and bringing greater benefits for residents.

A conference in Stratford hosted by Newham Council, titled Local London, Driving Growth through Devolution, was attended by more than 120 leading elected members and senior council officers. A Statement of Intent was signed agreeing to explore devolution further.

The boroughs involved are Barking & Dagenham, Enfield, Royal Borough of Greenwich, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest. Together the leaders and directly-elected mayors of this sub-region represent the interests of 2.5 million people, a population larger than any other UK city outside London. The area is home to major economic hubs and sites of massive regeneration so the opportunity for business growth, jobs and housing development across the region is unparalleled. However, the boroughs share many complex and significant challenges, ranging from low household incomes to poorer health outcomes.

Topics discussed at the conference were housing, employment, transport, education and skills, health and social care and business growth. A prospectus for devolution will be published shortly, detailing the shared vision and ambition for the boroughs across key policy areas setting out what the councils jointly want to see devolved and what they expect to achieve as a result. This will then be used to build a business case which can be presented to London regional government and central government setting out the powers and financial freedoms the nine boroughs are seeking to deliver effective change.

Mayor Sir Robin Wales said: "The conference was a resounding success and demonstrates our boroughs' joint commitment to releasing the true potential of this combined area. Devolution is clearly an important subject and our discussions revealed exactly why it is necessary. We will now look at identifying the asks we can formally agree between us. I look forward to exploring this further and building a case we can take to central government and the Mayor of London."

The conference in Stratford

Take credit from being part of the union

It's important that we have somewhere to turn if we're struggling financially and are then faced with unexpected bills. We all deserve a fair deal if we're in need of some affordable credit. Rather than getting ripped off by pay day lenders, see what the London Community Credit Union (LCCU) can offer.

The London Community Credit Union (LCCU) offers a real alternative to everyday banking and the way in which we manage our money. It has recently come together with the NewCred credit union to build a stronger community-based financial institution in Newham.

Credit unions are non-profit organisations that bring members together through a common bond that benefits the community. They are different to banks because members own and manage them. They encourage members to save regularly, offer loans at lower interest rates and support people in managing their financial affairs.

The new set-up has seen NewCred's 5,500 members bring LCCU's total membership to more than 14,000, making it one of the largest credit unions in London.

NewCred members continue to receive existing benefits as well as access to LCCU's wider range of financial products and services, which include:

- **Current account with VISA debit OR cash cards**
- **Internet banking**
- **Online loan applications**
- **Telephone banking**
- **Unique savings accounts**
- **Affordable loans with attractive interest rates**

Member Maria Roberts, from Stratford, said: "I've been with NewCred since 1994. It helped me back on my feet. The LCCU offers me the same services as a bank but with a community feel."

Dr Paul Nailor, from Stratford, has been an LCCU member since 2009. He said: "The LCCU is embedded within the community and that's what makes it different from high street banks. It helped me become debt free. People shouldn't turn to pay day loans when there is a credit union like LCCU that can help."

Visit **www.londoncu.co.uk** for more information or email **info@londoncu.co.uk** or call **020 7729 9218**. You can also visit them at 1 Water Lane, Stratford, E15 4LU.

If you were a NewCred member and have any questions about the merger visit **www.londoncu.com/newcred**

Mayor Sir Robin Wales; Cllr Frances Clarke, Cabinet member for financial inclusion and health promotion; members Paul Nailor and Maria Roberts; LCCU director Stephen Backes, manager Colin Eddy, and director secretary Grenville Bingham

Win tickets to literary festival

The Discover story centre in High Street, Stratford, is staging The Big Write Children's Literature Festival on 7 and 8 March

The centre has teamed up with the Newham Mag to offer two family tickets to the event, curated by Anthony Browne, the former Children's Laureate and author and illustrator of Gorilla and Willy the Wimp

Other guests include authors David Melling (Hugless Douglas), Guy Parker-Rees (Giraffes Can't Dance), Alexis Deacon (I am Henry Finch), Hanne Bartholin (Finda and Bear) and Mini Grey (Space Dog)

To be in with a chance of winning a family ticket (at least one adult and one child aged up to eight years) answer this question: Who wrote Willy the Wimp?

Send your answer and your name, address and telephone number to Newham Mag@newham.gov.uk or write to Newham Mag, 1000 Dockside Road, E16 2QU before 4 March. For the full programme of events and admission prices call **020 8536 5555** or visit **www.discover.org.uk**

Fund helps good causes

ASPERS CASINO
GOOD CAUSES FUND
SUPPORTING THE COMMUNITY

The Aspers Good Causes Fund, set up by Newham Council and Aspers Casino in Stratford to support community projects that help residents build confidence and skills and improve community life, is inviting applications for funding.

The programme opened in 2013 to any organisation working in the fields of education, art, dance, music, sport and the environment. Twenty-seven projects have so far received awards.

The 2015 programme is now open for applications for small grants up to £1,000 or larger grants up to £10,000. You have until 5pm on 12 March to apply. Organisations should be based or working in Newham and projects proposed must benefit borough residents.

You can visit **www.newham.gov.uk/goodcauseesfund** to apply or email **goodcausesfund@newham.gov.uk** or call **020 3373 6019.**

Change your life through sport

AIR Sports Newham, the development programme that supports people in dealing with their substance misuse issues, is offering free sessions of football, gym and fitness and mentoring activities across the borough.

The sessions also include support for individuals wishing to access employment, training and volunteering opportunities. They take place at various times on weekdays at various venues including Stratford, Canning Town and East Ham.

Colm Whitty, director of AIR Sports, said: "We offer a full activity programme that mixes fitness, education and personal motivation to support people in developing the resilience and skills that need to really take control of their lives. We want to change the way people feel about themselves and how others see them."

If you would like to get involved either as a participant or a volunteer or know more about the services and support AIR Sports provides contact **07415 388 843** or visit **www.airsportsnetwork.com**

Support in kicking habit

Newham residents who are smokers but are thinking about quitting are being offered support to help beat the habit.

People are being encouraged to use No Smoking Day on Wednesday 11 March to take the first steps towards giving up for good. Newham's Stop Smoking Service is lending a hand by offering free support and advice to all smokers living, working, studying or socialising in Newham.

Support sessions with trained advisors take place on:

Saturday 7 March – East Ham Library, E6 (1-4pm)

Saturday 7 March – The Gate Library, E7 (1-4pm)

Sunday 8 March – Stratford Library, E15 (1.30-4.30pm)

Stopping smoking can reduce the chances of getting lung cancer, heart disease, stroke and other smoking-related illnesses. Other benefits include improved breathing, sense of smell and taste, saving money, a clearer complexion and whiter teeth.

Visit **www.newham.gov.uk/stopsmoking** for information or contact your local pharmacy or GP or call **020 3373 6630.**

Volunteer to be a good citizen

Volunteer Qamaria Hafidh is encouraging young people aged 18 to 25 to follow her lead and help fight poverty here and overseas.

Qamaria, 22, from East Ham, a former pupil at Langdon School, is part of the International Citizen Service (ICS), a Government-funded programme that brings together young people from all backgrounds who want to make a difference. She travelled to Ghana where she helped impoverished communities on aid projects.

She said: "Growing up in Newham I have always taken pride in my community. Going to Ghana opened my eyes. I saw young people making the most of what they have which isn't much, compared to the amazing things we have here yet we fail to embrace them."

If you would like to get involved with activities similar to Qamaria, visit the ICS at **www.volunteerics.org** and apply for the programme.

Qamaria, second right, with other volunteers

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

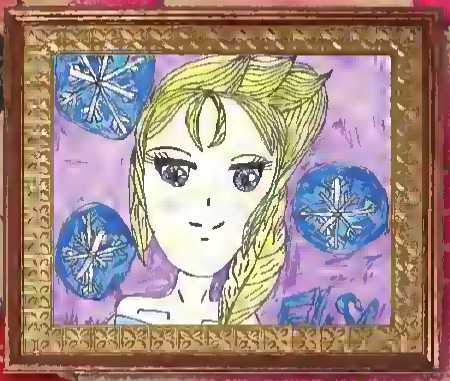
Don't forget to write your name, age, address, date and daytime contact telephone number on the back of your entry. Only original work will be entered.

GALLERY

Winner

Maarugaa Ganesharupan, 7

Manisha Bhattacharjee, 6



Tannatul Islam, 10

Kavni, 5

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on

Stratford Picturehouse, Vicarage Gardens, E1

Colour-me-in Wordsearch

Poem

The tune of rain

Rain, rain, drip, drip
calm and peaceful.
Slowly now, calmly now.
Dip and drift like dancing girls.
One on my nose, one on my toes
Slowly now, calmly now.
Dancing and prancing all along.
THE TUNE OF RAIN!

Priya Kainth, 8

A	S	L	S	R	E	E	N	S	O	P	S	D	N	C	N	G	E	E	D
U	F	A	C	N	L	P	N	H	D	A	P	B	I	O	H	A	S	E	T
S	C	H	M	O	L	H	A	B	C	L	T	E	I	L	D	E	F	O	R
C	S	R	H	U	U	A	U	K	H	P	O	T	G	O	W	O	L	A	E
O	E	E	C	T	R	S	W	A	S	S	I	F	H	U	G	I	G	S	J
S	R	D	K	I	H	A	H	E	O	D	N	E	S	R	N	N	L	N	S
T	I	E	D	I	R	E	I	S	A	E	T	B	T	S	I	L	I	I	E
U	U	L	D	R	H	E	S	R	F	H	E	G	A	R	U	O	C	B	R
M	S	O	I	A	N	G	T	F	W	F	G	I	N	T	N	L	L	D	N
E	R	O	N	M	E	O	O	T	O	N	A	U	E	U	Q	D	L	U	A
L	R	A	F	O	O	L	R	R	S	F	O	B	A	T	R	L	R	P	R
R	S	A	E	C	T	E	Y	N	O	M	E	R	E	C	C	L	E	P	D

Bushido	Courage	Leader
Ceremony	Folds	Samurai
Colours	History	Tradition
Costume	Japan	Warrior

TURN TO PAGE 30 FOR VENUE DETAILS

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **NCT Nearly New Sale** – Sat 14 Mar, 11am-12.30pm. Carpenters and Docklands Centre, 98 Gibbins Rd, E15. Baby, toddler and pre-school clothes and accessories. A donation of £1 entry fee. Email **NNS.Newham@nct.org.uk** to register.

2. **Spring Concert** – Wed 11 Mar, 6pm. Lister Community School, St Mary's Rd, E13. Get involved in the Spring Concert. Call **020 8471 3311**.

3. **St Patrick's Day Touch Rugby** – Sat 14 Mar, 11am-4pm. East London Rugby Club, Holland Rd, E15. Mixed teams, fancy dress, food and raffles. Visit **www.findrugbynow.com**.

MENTION THE MAG...

New British-Caribbean restaurant Pot and Grill are offering residents ten per cent off their order on food when mentioning this copy of the *mag*.

The restaurant is the creation of Maurice Charles, a chef with a passion for food and cooking and almost 25 years of cefering and hospitality experience.

Offer is valid until Friday 27 March. The restaurant is at 405 Stratford High St, E15 4QZ. Visit **www.facebook.com/PotandGrill**. Open Tuesday to Sunday from 12noon-9pm. Call 07951 665 052. Offer cannot be used in conjunction with any other offer.

TRY SOMETHING NEW... MUSIC

Weekly sessions are being held that offer a great chance for you and your child/baby to play a variety of musical instruments and sing songs with a qualified music therapist. Sessions are free.

Monday, 1-2pm, Shrewsbury Children's Centre, 2 Shrewsbury Road, E7. **Friday, 3-4pm,** Susan Lawrence Children's Centre, Lawrence Avenue, E12.

Call **020 3373 7227** or **020 3373 6050** for more information.

Indicatea free sesaiona

Libraries unless stated

UNDER-FIVES

Music and Rhyme
Tues, 10.30-11.15am, Custom House

Rhyme Time
Thurs, 1.30-2.15pm, Custom House. Mon, 4.4.45pm Canning Town

Storytelling
Mon, 11am 12noon, Tues 10-11am, Beckton Globe, Mon, 10.30-11.15am, Custom House. Tues, 10.30-11.30am Canning Town, Tues 11am 12noon, The Gate. Tues, 10.30-11.30am, Thurs, 9.45-10.45am, East Ham, Sat, 11am-12noon, Green St. Fri, 11am-12noon, Manor Park, Thurs, 2-3pm North Woolwich. Thurs, 2-3pm, Plaistow, Tues and Fri, 11am-12noon, Stratford.

Stay and Play
Support for parents and carers to develop their child through play. Term time. Weds and Sat, 11am-1pm, Stratford. Thurs, 1.30-3.30pm, Jack Cornwell C.C, Fri, 10.30-11.30am, The Gate, Tues, 9.30-10.30am, Jeyes C.C, Tues, 10am-12noon, Grassroots, Thurs, 1-2pm, North Woolwich, Sat, 12noon-1pm, Green St.

Music and Movement
Sessions for parents/carers and children. Mon, 10-11am, Grassroots.

Baby Sing-a-Long
Thurs, 1-1.30pm, North Woolwich.

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time. Thurs, 4-6pm, Green Street and Custom House, Thurs, 4.30-

6pm, North Woolwich, Tues and Fri 4-5pm Stratford (term time) Sat, 2.30-4pm Manor Park

Homework Club (7-14yrs)
Free study support. Term time Fri, 4-5pm, Beckton and Canning Town. Fri 3.30-5.30pm Thurs 4-6pm, Plaistow Fri, 4-5.30pm, East Ham, Sat, 2-3.30pm Green St; Weds, 3.30-5.15pm, Manor Park; Mon 3.30-4.30pm North Woolwich Mon, 4-6pm, Stratford; Sat 10am-12noon, The Gate

Dames Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more Tues 3.30-5.15pm, Custom House, Thurs 4-6pm Canning Town Wed, 3.30-5pm, Forest Gate, Mon 3.30-5pm Plaistow

Froud Young Project (7-16yrs)
Activities for young people Mon, 3.30-5.30pm Jack Cornwell C C

Children's Movie Club
Booking essential Thurs 4-6pm 7-12yrs The Gate Tues 17 Feb, 3.30-5.30pm, 0-12yrs (under 8s must be accompanied by an adult) Green St

Arts and Craft Workshop (5+yrs)
Fri 3.30-5pm Green St
Sat, 2-3pm, Custom House and Canning Town. Tues 4-5pm Plaistow

Puzzles, Quizzes & Colour
Mon 3.30-5pm Green St

Young Readers Club (7-12yrs)
Read and discuss your favourite books Tues, 4-5.15pm, North Woolwich, Sat 10.30am 12noon Manor Park

Children's Movie Matinee (0-13yrs)
Weds, 2pm, Plaistow

Let's Start Sewing (7-16yrs)
Beginner sewing classes
Sat, 12noon 3pm, Woodman C C Woodman St, E16 Email theteam@kefoundation.org.uk

Martial Arts
Tues 5-6pm Jack Cornwell C C

Mother's Day Arts and Crafts
Tues 10 Mar, 2-3.15pm, Green St

ACTIVITIES AND SUPPORT

Time-2-Craft (16+yrs)
Sat, 10am-12noon, Stratford

Adult Reading Group
Discuss your favourite books and discover new writers Sat 12noon-1pm Green St Thurs 5 Mar 6.45-7.45pm Plaistow, Mon 9 Mar 6.30-7.30pm, East Ham

Chess Club
Mon, 5.30-7.30pm, East Ham Weds 3.30-5pm Green St Thurs 5.30-7.30pm, Stratford Fri, 3.30-5.15pm The Gate

Coffee Mornings
Tues, 10-11.30am Beckton, Thurs, 10-11.30am Canning Town, Tues, 11am-12.30pm Custom House Thurs, 10-11.30am, North Woolwich, Tues 10 Mar 10.30am-12noon Manor Park, Wed 11 Mar, 10am-12noon, Stratford

Do it Online (16+yrs)
Free six or eight-week basic computer training Advance booking required, contact library directly Tues 10am-12noon, The Gate Tues, 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm Plaistow, Mon 10am-12noon, Manor Park Weds 2-4pm Stratford, Thurs 10am-12noon, Green St, Thurs, 10am-12noon Katherine Rd C C Wed 10am-12noon, Plaistow

Knit & Natter (16+yrs)
Weds, 10am-12noon, Beckton, Fri, 10.30-11.30am Canning Town Fri, 10am-12noon, East Ham, Tues, 10.30am-12.30pm Manor Park Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages
Mon 10am-12noon and 2-3pm Plaistow Wed, 10.30am-12noon, Stratford, Fri, 2-4pm, Canning Town

Stratford London Toastmasters
Public speaking and leadership club 1st and 3rd Monday of month, 6-8pm, Stratford Fee applies Call 020 3373 0826

Weekly Det Together
Try new things Weds 10.30am-12.30pm, Green St. Call 020 3373 0857

Love Newham app drop-in
Learn how to report issues via the app Mon 10.30-11.30am The Gate

Inspire Futures Drop in
Advice on ESOL and citizenship Thurs, 2-4pm Green St

Community Links Drop in
Debt, housing and benefit advice Call 020 8548 9825 to make an appointment
Thurs 5 Mar 3.30-5.30pm, Katherine Road C C Call 020 8548 9845, Mon 2 Mar 12noon-2pm Green St Call 020 3373 0857

ESOL
Improve your English language. Mon and Weds, 12.30pm Call 020 8522 5772 to enrol Katherine Road C C, Tues 9.30am-12noon Fri 9.30am-12.30pm Jack Cornwell C C Tues and Fri, 1-3pm, Plaistow, ESOL citizenship and Life in the UK preparation class

ICT Drop-in Session
Set up a My Newham profile and create an email account
Fri 10am-12noon The Gate
Fri, 10am-12noon, Green St

Bingo Night (16+yrs)
Thurs 5-7pm, Green St

Aerobic Exercise
Workout and body stretching
Tues, 9.30-10.30am Jack Cornwell C C £1.50

East Ham Youth Zone
Sony PS4 DJ decks and other activities. Tues 4-7pm, East Ham

Happy Living Club
Indoor and outdoor activities for over 50s Tues and Weds, 1.30-5.30pm, Jeyes C C

SNT Drop-in
Fri 12noon-1pm, Stratford

New Daaf Club
Opportunity to learn new and exciting things for members. Mon 6-8pm, Stratford Costs up to £2

Family Reading Group
Sat 7 Mar East Ham

Silver Surfers IT Course
Fri 2-3.30pm Beckton

Support in Action
Thurs, 12noon-4pm Jeyes C C

Oral Health Drop-in
Thurs 5 Mar, 3-5pm The Gate

UEL Drop-in
Tues 3 Mar, 10am-12noon, The Gate

Adult Games Club
Mon 10.30am-12.30pm Green St

Volunteer Open Day
Sat 14 Mar, 12noon-4pm, Green St

World Book Day
Thurs 5 Mar, 12noon-7pm, Green St

Drents Surgery
Thurs 5 Mar 3.30-5pm Green St; Thurs 12 Mar, 4-6pm Manor Park

Big Ideas
Mon 9 Mar, 6.15-7.45pm, Stratford

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr)
A free home-based meet up every Wed 1-3pm for expectant parents and those with babies Email newhamnct@hotmail.com

Meet and Greet
Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2
Tues, Parent and Toddler Group, 10am-12noon £1
Bingo 10am-12noon £1
Wed, Keep Fit 10-11am, £2
Employment 1-2-1 support, by appointment. Creche available
Thurs, Tai Chi £2, first session free 10.30am-12noon
Line Dancing, £1, first session free, 1-3pm
Mon-Fri, After School Club for Gallions Britannia Village, St Joachim's and Drew primary schools
Mon-Fri, Open Access After School Club 4-6pm, £3 per day
Royal Docks Learning & Activity Centre, Albert Rd, E16
Call 020 7476 1666. Visit www.rdlac.org.uk
Search rdlaccommunity on Facebook

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1
Thurs, 4.15-5.45pm, Upton C.C, Claude Rd, E13, £1. Call 07500 881 378

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50
Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon-5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs
Mon to Fri, 5-9pm, 14+yrs
Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+yrs)
Fri, 4-5pm, Katherine Rd C.C, 254 Katherine Rd, E7

Intense Fitness (14+yrs)
Workouts, boxing and wrestling
Fri, 8.30-10pm, £5. The Hartley Centre, E6. Call 07878 253 642

Newham Shoujin Karate
Wed (term time) 4.30-5.30pm
Fri 6-7pm and 7-8.30pm. Sun 10-11am. Under 15yrs £4, 18+yrs £6, concs £5
Newham Leisure Centre, E13
Call 07508 070 638

Docklands Shoujin Karate
Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15yrs £4, 16+ £6, concs £5. UEL SportsDock, call 07766 685 869

Stratford Judo
Competition training, juniors (8-14yrs), Tues and Thurs 6.30-8pm, seniors (15+yrs) Tues and Thurs 8-9.30pm
Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm, seniors (15+yrs), Wed, 7.45-9.15pm
From £2.5 per class
Carpenters and Dockland Centre, 98 Gibbins Rd, E15
Call 07985 601 260
www.stratfordjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

HEALTH AND FITNESS

Athlefit
All ages and ability. Mon 11am-12noon (women only)
Weds, 11am-12noon (mixed)
Jack Cornwell C.C

Bootcamp and Circuits with Al
Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4
Call 07956 944 252

Janice's Fitness
Mon, 7.15-7.45pm, flatter abs, £3, The Hartley Centre, E6
Call 07818 000 643

Twisted Pink Street Dance
7-11yrs, Thurs 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit www.twistedpink.org.uk

Zumba fitness
Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Vicarage Lane Community Centre, Govier Cl, E15. Call 07500 898 665

Zumba with Jessica
Mon, 6.30pm, £2.50
Asta Community Hub, 14a Camel Rd, E16. Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chargeable Ln, E13
Call 07884 951 484

Zumba
All ages. Registration essential. Bring water and a towel
Weds, 7.8pm, £5, Beckton C.C. Fri, 9.30-10.30am, £3, Jack Cornwell C.C

Let's Yoga
Thurs, 6.30-7.30am, Grassroots, £5. Sat, 10am-12noon, Jeyes C.C, £1. Wed 7-9pm, Plaistow, £1

Lee Valley Cycling
Wed, 4.30-6pm, Lee Valley VeloPark, £5. Email Paul Farthing @activeNewham.org.uk

Indoor Tennis
Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Email Paul Farthing@activeNewham.org.uk

Mini Tennis
Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs, Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs
£50 for 10 sessions
Email Paul Farthing@activeNewham.org.uk

Outdoor Tennis (14-25yrs)
Fri 5-7pm, Stratford Park
Email Paul Farthing@activeNewham.org.uk

50+ ACTIVITIES

Age UK East London
Nordic Walks (18+)
Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13
Sun 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20
For more info call 07989 938 242

Health Walks
Mon, 2pm, starts by the War Memorial, Central Park, E6
Call 07518 750 120
Tues, 10am, starts outside Pret a Manger at Stratford Station
Call 0844 414 2728
Tues, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd
Call 0844 414 2728
Wed, 10.30am, starts outside Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120
Thurs, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555
Thurs, 2pm, starts by the War Memorial, Central Park, E6
Call 07518 750 120
Fri 10.30am, starts outside St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555

Newham Striders
Daily walking group
Call 0844 414 2728

Nordic Walking
Wed, 9.30am. Meet at Lord Lister Health Centre, E7. Not suitable for wheelchairs
Call 07783 660 429
Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13
Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

Young at Heart
Bingo Club. Mon 12noon-4pm, £1. Jeyes C.C

Ballroom Dancing
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6
£2.50 per session
Call 07761 209 463

Active Centre Bingo (50+yrs)
Thurs, 7-9pm Jack Cornwell C C
Mon, 12noon-4pm, Jeyes C C

Over 50s club
Thurs 10am 12noon Beckton

GREEN

Green Gym
Wed, 10am 1pm meet at Visitor Centre in East Ham Nature Reserve Norman Rd E6 Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp Hallsville Rd)

Garden Club
Tues, 1-3pm Thurs 4 7pm, Sat 10am 4pm Abbey Gdns Bakers Row E15

Gardening Thymes Gardening Club
Fri 11am-1pm Bowling Green, Central Park, High St South E6

Grow Together Be Together Community Gardening Club
Wed, 10am 1pm Sat, 1pm 3pm Flanders Field Melbourne Rd entrance E6 Call 020 8586 7070

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated

Athletics Club (14yrs+)
A multi-sport session focusing on athletics football and the gym Tues 6-7pm Newham Leisure Centre, E13 Call 07718 394 756

Gym & Basketball (14+yrs)
Tues, 6-10pm, £2, Rokeby School Barking Rd, E16

Stunt & Tumble (14+yrs)
Thurs 7 30-9pm £5 Talent Cheer & Dance Gallons Reach, Armada Wy E6 Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3 30 5 30pm Newham Leisure Centre, E15

Female Boxfit (14+yrs)
Mon, 4.15 5 15pm, Balaam Leisure Centre E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues 4 5 30pm and Thurs 5 6pm Newham Leisure Centre. Fri 5 7pm Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5 30pm Newham Leisure Centre, E13

Just Play (14+yrs)
Wed 6 30-8pm multi sports (term time) Cumberland School E13 Call 0844 414 2728

Abs Blast (11-15yre)
Thurs, 5 30-6pm, £3 10, Newham Leisure Centre, E13

Athlefit (14-18yrs)
Athletic fitness Wed 5 30-6 30pm £1 Flanders Community Centre Napier Rd E6. Call 07718 394 756

Female Only Gym Sessions
Mon 3-4pm 16-25yrs Mon and Wed 7 30-10 30pm Tues and Thurs, 12noon-1 30pm Sun, 3-5pm 11-15yrs £4 65, Newham Leisure Centre, E13

Get Back Into Netball
Tues 6 7 30pm, juniors 7 30 9pm seniors £2 Lister Community School E13 Call 07717 281 529

Julie's Mums Gn The Run
Wed, 10 11 30am, £5, or bring a friend and both pay £4 each Abbey Lane Park, E15 Call 07961 374 772

Keepfit
Wed 10am £1 Chandos East Centre, E15 Call 07950 944 095

Keep Fit – Stay Fit
Sat, 10-11am, £3 50 Jack Cornwell C C, E12 Call 07795 064 116

Ladies Only Keep Fit
Wed 10am, £1, Chandos East Centre, Chandos Rd E15 Thurs 10am £1 50, Rokeby Centre Rokeby St E15

Sheila's Yummy Mummy Buggy (18+yre)
Mon, 10-11 30am, £5, Central Park, High St South E6 (meet outside cafe in the park) Fri, 10-11 30am, Plashet Park, Plashet Grv, E6 Call 07908 614 958

Women's Badminton
Fri 1 2 30pm East Ham Leisure Centre, E6 £2, equipment provided Call 07930 162 505

Women United AFC (11+yrs)
Mon (term time), 6 7 15pm £1, Kingsford School, E6 Call 07792 932 979

Zumba and Tone
Tues, 1 15-2 15pm, £1 St Bartholomew's Church Hall Barking Rd, E6. Call 07944 775 679

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people Wed, 5 30-6 30pm and Fri 4 45 6pm NewVic E13

Athletics (8-18yre)
Tues 4 15-6 15pm, Brampton Manor, Roman Rd, E6 Thurs 4 30-5 55pm St Angela s Ursuline School E7 Email cnoumice@englandathletics org

Family Swims
Sat, 4 30 5 30pm Newham Otters Swimming Club, Newham Leisure Centre E13 Call 0300 124 0123
Sun, 12 30-2pm, Family Swim, Balaam Leisure Centre, £5 Call 0300 124 0123

Get Fit for Free
Tues 1 30-3 30pm and Fri 10am 12noon Free gym use for people with learning disabilities Newham Leisure Centre E13 To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Wed, (term time) 1 30pm-3pm, Oliver Thomas Children's Centre Mathews Ave, E6 Email Naomi ferron@oliverthomas newham sch uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed, 4-5pm Balaam Leisure Centre, E13 Call 0300 124 0123

Support In Action (18+yre)
Indoor and outdoor activities advice and support. Thurs 12noon-3pm Upton C C

RUNNING

Beckton Park Run
Sat 9am Beckton Park South E16 Call 07718 394 756 www parkrun org/beckton

East End Road Runners
Tues and Thurs 7pm Sun, 9am. Meet on the track. Coached sessions for all abilities Newham Leisure Centre, E13 Call 07979 261 647

Run England
£2 unless stated.
Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track). Mon 4-5 30pm, Newham Leisure Centre, E13 (meet on track) Mon, 5.45-6.45pm, Newham Dockside E16 (meet at reception). Wed 12noon-1pm, Newham Dockside E16 (meet at reception) Thurs, 5 15-6 15pm, UEL Docklands Campus, E16 (meet at reception) Sat 10 11 30am Wanstead Flats E12 (meet at Harrow Rd Changing Pavilion) Sat 10-11.30am Memorial Park E15 £4 (meet at car park) Call 07718 394 874

SPORTS

Athletics
Newham and Essex Beagles Athletics Club. Mon and Wed, 6-9pm Foundation Groups (8-10 yrs) Mon, 7-8pm and Wed 6-7pm, £5 Terence McMillan Stadium, Newham Leisure Centre, E13 Visit www newhamandessexbeagles co uk

BMX (6-18yre)
Sun 10am 12noon £3 Gooseley Playing Fields St Albans Ave, E6 Call 07961 333 615

Fencing with Newham Swords
Tues, 6-9pm, Thurs, 6 9pm Fri 7-10pm Classes for adults (18+), and mini-pirates (4 7yrs) UEL SportsDock Call 07956 618 898

Indoor Cricket (8-16yrs)
Wed 6 8pm £2 Lister Community School E13 email paul farthing @activenewham org uk

Black Arrows Badminton Club
Adults Fri 7-9pm Juniors Sat 10am 12noon £3 70, East Ham LC Adults Weds 7-10pm, UEL SportsDock. Call 07932 037173

Woodside Badminton Club
Fri, 7 30 9 30pm intermediate and club standard £5 waged/ £3 unwaged, Carpenters and Dockland Centre, 98 Gibbins Rd E15 Call 07956 150 240

FOOTBALL

AIR Football (16+yrs)
Tues 1 3pm, Fri 10am 12noon, Memorial Park, Memorial Ave E15
Fri 3-5pm, Beckton Powerleague E6 Visit www airfootball co uk

Football and Athletics
Thurs 4 5 30pm Britannia Village 65 Evelyn Rd E16

Football & Multi Sports
Mon 4-5 30pm, Newham Leisure Centre, E13
Wed 5 6pm Stratford MUGA, West Ham Ln E15

Mayor's Football League
U10yrs, U12yrs, Mon 4 30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16+yrs)
6 a side (4 subs) Weds 7 10pm Newham Leisure Centre, E13

WHU Kicks
Mon Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl E6
Thurs 6 30-7 30pm Little Ilford Learning Zone 1 Rectory Rd E12
Thurs 6 30-7 30pm, Stratford Park MUGA, West Ham Ln, E15
Sat 10 30am 12noon Newham Leisure Centre E13

Ascension Football
Sat 10 11 30am £3
Reception to 11yrs King George V Park King George Ave E16 Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6 30pm, 8-19yrs Snowshill MUGA Snowshill Rd, E12

Basketball Sessions
Thurs 5 30 6 30pm Little Ilford Learning Zone, 1 Rectory Rd E12

National League
Mon 6 8pm U13/14yrs
Tues 6 8pm U15/16yrs, Rokeby School, E16
Thurs, 4 30-6pm, U13/14yrs boys, U14yrs girls 6 8pm, U16yrs, Newham Leisure Centre, E13, 6 8pm U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs 5 7pm East Ham Leisure Centre To register email sports@newham ac uk or call 020 8257 4255

Senior Programme
Mon 7 30 9 30pm, Division 2 women and division 3/4 men Rokeby School, E16 Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated
Juniors, Fri 4 6pm Cumberland School, E13
National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School, E16
National league U18yrs, Tues 8 10pm Rokeby School E16
National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock
National league U18yrs, Tues 8 10pm UEL SportsDock
Junior boys and girls, Sat, 10 20am-12 20pm, UEL SportsDock £2
Call 07703 503 995
www nassasports org uk

Youngbloods Basketball
All sessions cost £1
U12yrs mixed, Sat 1 3pm, East Ham Leisure Centre E6
U13/14yrs boys, Mon, 6-8pm and Wed, 4 30-6pm, St Angela's School, E7
U13/14yrs girls Mon 4 30-6pm and Wed 4 30-6pm, St Angela's School E7
U15/16yrs boys, Tues, 6 8pm, St Angela s School, E7 Thurs, 8pm, St Bonaventure's School, E7
U17/18yrs boys Mon and Wed 8-10pm St Angela s School E7 Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6 unless otherwise stated
Tues 3 Mar, 3pm, Newham Partnership – Employment and Enterprise Partnership Action Board
Thurs 5 Mar, 9am, Mayoral Proceedings
Fri 6 Mar, 8am, Development Control Members' Forum, Newham Dockside
Tues 10 Mar, 7pm, Children and Young People Scrutiny Commission
7pm, Regeneration and Employment Scrutiny Commission
Wed 11 Mar, 7pm, Audit Board
Thurs 12 Mar, 4.30pm, Newham Partnership – Children and Young People Trust

CONTACT THE MAYOR

Surgery
Sat 28 Feb, 10am, The Gate Woodgrange Road E7
Thurs 5 Mar, 11am, Stratford Town Hall The Broadway, E15

Telephone surgery
Wed 11 Mar. Call 020 8430 2000 between 9 30-10 30am and leave your details The Mayor will call you back at a later time

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies Call 020 3373 6881 email archiveslocalstudies @newham.gov.uk

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Way, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15 020 3373 0650
The Hartley Centre 267 Barking Rd, E6
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 8548 9788
Katherine Rd Community Centre 254 Katherine Rd, E7 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6 020 7511 1214
Upton Community Centre Claude Rd, E13, 020 8471 0040 (currently closed)
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
The Well Community Centre 49 Vicarage Lane, E6 020 7586 7070

Newham London

Are you a landlord, property developer or managing agent looking to let a property?

No commission, no fees, no hassle.

Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1149
Email: PRSsupply@newham.gov.uk

Newham London

NewShare

Newham Council's shared equity scheme

If you would like to own your own home in Newham but can't afford a large deposit or the cost of buying on the open market, NewShare could help you

Through NewShare, you could buy as little as 50 per cent of your home using a deposit and a mortgage, with a 50 per cent equity loan from us

For more information and advice on buying a home through NewShare visit www.newham.gov.uk/NewShare

in partnership with

Bairstow Eves

Newham London

HAVE YOU REGISTERED TO VOTE?

MAKE SURE YOU'RE IN!

www.gov.uk/registertovote

General Election – Thursday 7 May

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN